

## **Appendix 2** Interview guide

### **Interview guide**

The initial interview question was:

Will you please tell me about your experiences of health after the dietary change?

If the subjects below not where mentioned spontaneously, the interview person was asked about:

Information about dietary change

Pain and other symptoms

Menstruation

Health

Work/school

Relationships

Relationship with a partner

Other changes

Do you have anything else to add that I did not ask about?